



Hand Washing

Helping Hands Tip Sheet



Did you know?

Proper hand washing is the best way to reduce the amount of illness traveling around your program.



According to Caring for Our Children, National Health and Safety Performance Standards, hands should be washed:

1. Upon arrival.
2. Before and after preparing, handling or eating food or beverages.
3. Using the toilet/diapering.
4. Coming in contact with bodily fluids or mucus.
5. Handling animals or cleaning up after animals.
6. Playing in sand, using outdoor equipment, and participating in outdoor play.
7. Handling garbage.

How should hands be washed?

1. Turn on the water, wet hands, and then apply soap.
2. Rub hands together vigorously for about 20 seconds. Make sure all parts of hands and fingers are cleaned.
3. Rinse hands under running water, until they are free of soap.
4. Leave water running, dry hands on a disposable towel, and use the towel to turn off the water.
5. Use a towel to open the bathroom door if necessary.



Something to think about:

Many germs are transmitted by the "fecal -oral route." Careful hand washing after toileting or diapering is crucial.

Many germs are transmitted from human hands coming in contact with raw food.

Using gloves does not replace hand washing.
Using hand sanitizer does not replace hand washing.

Important information when using hand sanitizer:

Alcohol based sanitizers can be toxic. Store out of reach of children.

In order to be effective, hand sanitizers should contain 60% to 95% alcohol.

Follow the manufacturer's instructions to insure the effectiveness of hand sanitizers.